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Gilford Steamer

THURSDAY, MAY 21, 2020

GILFORD, N.H.

Memorial Day parade canceled, but small ceremonies planned

BY ERIN PLUMMER
mnews@salmonpress.news

Gilford has canceled its Memorial Day parade, though the selectmen will hold a small, socially distanced ceremony to commemorate the day.

The town traditionally hosts a Memorial Day parade and observances at the World War I and II memorial on Potter Hill Road and then moves to Pine Grove Cemetery.

The ceremony typically involves music and speeches with participation by town officials, local scouts, and school bands.

This year, however, the town has canceled its traditional parade and ceremonies because of the coronavirus pandemic. The announcement was made during last Wednesday's selectmen's meeting.

"There's a lot of folks

who look forward to the Memorial Day parade and ceremony every year, but under the Stay at Home order 2.0, it looks like this year, if we do something along those lines, it's going to be extremely paired back," said board Chair Chan Eddy.

Town Administrator Scott Dunn said many communities have al-

SEE PARADE PAGE A10



PHOTO BY ERIN PLUMMER

Trees in bloom

The trees by the Gilford Community Church and the Gilford Youth Center have sprung into bloom with the warm, sunny weather.

Town looking at Coronavirus response grants



PHOTO BY ERIN PLUMMER

The Gilford Public Library is now offering curbside pickup of materials. The library is one of a number of town facilities that are expanding some services after being completely shut down because of the pandemic.

BY ERIN PLUMMER
mnews@salmonpress.news

The town is receiving COVID-19 grants as some town facilities are preparing for modified re-openings.

Last Wednesday, the board held a public hearing to accept \$10,143.91 in funds from the US

Department of Health and Human Services for healthcare response or lost revenue due to COVID-19.

Town Administrator Scott Dunn said the grant was already placed in the town's account.

"Of all the grants out there dealing with this

virus issue, this probably has the most strings and the most red tape," Dunn said. "Very unlikely that we're going to use much of this, but I would encourage you to accept it nonetheless. As opportunities arise, we will

SEE GRANTS PAGE A10

Old Home Day still on schedule

BY ERIN PLUMMER
mnews@salmonpress.news

Old Home Day will remain on its scheduled day for now, with the selectmen saying they want to wait before making any decisions otherwise. This is one of many different considerations being made by the Parks and Recreation Department in the face of the pandemic.

Last Wednesday, Town Administrator Scott Dunn updated the board on the status of Parks and Recreation programs and facilities given the COVID-19 pandemic.

Dunn said another significant consideration is what will happen with Old Home Day. Old Home Day is currently scheduled for Saturday, Aug. 29, though Dunn said the Old Home Day Committee is in limbo about whether the event should be canceled or rescheduled and asked if the selectmen had any input in this. He said

with the pandemic most communities in the state have already canceled their Old Home Days.

The selectmen overall supported keeping Old Home Day scheduled as is.

Board Chair Chan Eddy said Old Home Day has an advantage of being one of the latest in the state and there could be less of an issue later in the summer unless there is a surge of cases. He also addressed the possibility that the virus could "deactivate" in warm, humid weather.

"I'm more inclined to go for it — at least have a little bit of normalcy this summer, despite what's going on — but that's just my three cents worth," Eddy said.

Selectman Kevin Hayes said he was also in favor of keeping the date and waiting before making any decisions to postpone or cancel it.

In the meantime, Parks and Recreation is working with the town to

make different decisions about its programming and facilities. Eddy said the department is still monitoring what will happen with its summer programs, but said it will likely be seriously impacted.

The tennis courts have recently been opened, though the playgrounds and basketball courts are still closed.

Dunn has been talking with Parks and Recreation director Herb Greene about the town beach reopening, including not putting in picnic tables or the swim raft. Selectman Gus Benavides asked why the raft wasn't being put in and if the potential risks from coronavirus outweighs its safety benefits. Dunn said it is impossible to socially distance on that raft and the number one reason for most rescues is people swimming to the raft who do not have the stamina to

SEE OLD HOME DAY PAGE A10



REGION — This Memorial Day, there will be no parades, no big family get-togethers to acknowledge the day, but there are still personal opportunities to pay tribute to the men and women who gave their lives in the name of freedom.

In honor of all who have fallen, be it in either World War, Korea, Viet Nam, the Gulf Wars, or any of the conflicts these brave heroes have taken part in, we wanted to take this opportunity to publish the iconic poem "Flanders Field," written by Canadian Lt. Col. John McCrae. His words were inspired by his service during the Second Battle of Ypres on the border of Belgium and northern France as his own tribute to all who died in the battles there.

Today, Flanders Field is the site of tens of thousands of poppies commemorating those lost and each year veterans' organizations sell poppies to keep the memory of their profound bravery and dedication alive.

It is our hope that in lieu of traditional parades and speeches, our

readers and their families will take a moment to read this poem over the weekend to reflect on those who gave their all, and give thanks for survivors and those who continue to serve the nation in the name of freedom today.

"In Flanders Field"

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

A salute to the fallen



FILE PHOTO

Field of Flags to fly again for Memorial Day



sonnel and their families in defense of our nation, “land of the free because of the brave.” Following social distance protocols throughout the process, this is their way of providing a safe community tribute for Memorial Day. The flags will remain up from May 23 - May 30.

In lieu of a public ceremony, Rev. Dr. Judith Wright of the Laconia Unitarian Universalist Society has written this dedication for the flags.

In the name of All That is Holy: This Memorial Day Weekend, we honor those men and women—our sons and daughters, husbands and wives, fathers, brothers, sisters, mothers—those who have laid down their life for our country. May we cherish their spirit, honor their commitment, send them our love, and never forget the service that they gave.

As we remember those who sacrificed their lives for our nation’s freedom, let us recall these famous words of President Abraham Lincoln, from his Gettysburg Address in 1863:

We can pray that those who fought and died for our country did not die in vain. We can ask that their sacrifice would live on to inspire others to live in freedom and to serve and love their fellow citizens: that we here highly resolve that these dead shall not have died in vain; that this nation, under God, shall have a new birth of freedom; and that the government, by the people, for the people, shall not perish from the earth.

LACONIA — Last year, almost 4000 flags were lined up on the Congregational Church of Laconia UCC lawns and around the flagpole in Veterans Square, creating a Field of Flags set in place throughout Memorial Day weekend.

The Congregational Church and Greater Laconia Ministerial Association are joining to provide the display again this year. The purpose of this touching spectacle and dedication ceremony is to honor and remember the sacrifice of U.S. military per-

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Senior volunteers to be honored for service

CONCORD — The New Hampshire Department of Health and Human Services (DHHS), the New Hampshire State Commission on Aging, and EngAGING NH announce this year’s recipients of the Older Adult Volunteer Awards. To align with social distancing guidelines issued by the Centers for Disease Control and Prevention around COVID-19, the award ceremony will be held at a later date.

“Here in New Hampshire, we take pride in our communities and in our efforts to ensure that all Granite Staters are able to live and age with dignity in the comfort of their communities,” said Gov. Chris Sununu. “As we face a public health crisis of unprecedented proportions, the work done by individuals like the recipients of this year’s Awards has become more important than ever before. We cannot thank you enough for all that you have done to strengthen New Hampshire’s communities.”

Each May, during Older Americans Month, the Commission on Aging recognizes individuals or couples age 60 or older from each of New Hampshire’s ten counties for their outstanding volunteer efforts on behalf of older adults and others in their communities.

This year’s recipient from Belknap County is Chris Ray of Gilford.

For more information about the award, please contact Roger Vachon at 223-6903.

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	TO SUBMIT A LETTER TO THE EDITOR: E-MAIL: brendan@salmonpress.news	DISTRIBUTION MANAGER JIM HINCKLEY (603) 279-4516	
	TO SUBMIT CALENDAR ITEMS: E-MAIL: brendan@salmonpress.news		

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Selectmen approve 2020 road program

BY ERIN PLUMMER
mnews@salmonpress.news

This year's list of road repairs received selectmen's approval, though with advice from one board member on being conservative with road funds considering the possibility of revenue shortfalls because of the pandemic.

Public Works Director Meghan Theriault presented the 2020 road list to the board for approval during Wednesday's meeting. This year the town budgeted \$1.75 million for roads from rebuilding some to keeping others maintained.

Theriault said she has been working with highway superintendent Kyle Tibbetts and Wolcott Construction on selecting and pricing out this year's roads. She said she used the list town administrator Scott Dunn gave her and

has been making some adjustments to it.

Projects include the reclamation of Lower Cotton Hill. There will also be a few "band-aid shims" on roads with significant damage that will need to be rebuilt in the future. The roadwork also includes maintenance overlays on collector and residential roads and top coating on roads that had recently been rebuilt.

Theriault said the Lakes Region Planning Commission will be collecting new data on local roads that will be used to create a new five-year plan and identify road priorities for the next several years.

Board Chair Chan Eddy mentioned how many people might complain about their road not getting done. Theriault said she tries to explain to people that

figuring out the road list is a balance between prioritizing which of many failed roads get done first and maintaining good roads.

"I'm just trying to find that balance of putting the money into the roads that are heavily traveled into the roads that are on that cusp and trying to keep them in good shape so we can stretch our dollar further and then the roads that we need to slowly rebuild that are failed," Theriault said.

Selectman Kevin Hayes asked if she could put what dates the roads will be done on this list. Theriault said she would rather not do that, saying all the roads should be done this year with the last ones on the list able to be left if they ran out of funds. She said Wolcott is confident they can get all the roads done.

Hayes said he was especially concerned about the tax receipts in June and July given the current economic situation.

"I'd like to hold off on spending \$1,750,000 until we know that we're in line with our tax receipts," Hayes said.

Theriault said in that case she would recommend getting Cotton Hill done, which will take a while. She also suggested Watson Road since the traffic is a little lighter than usual, one of the good roads they want to keep good. At the same time Theriault said the cost of asphalt has been in a good place because of the low price of gasoline. She said if the cost of gasoline goes back up then their paving prices will go back up, so she would want to get roads done sooner; probably doing a couple roads a

month.

"You're talking the talk; I understand," Hayes said in response.

Theriault asked if Hayes preferred they didn't get any roads done until after July, Hayes said he wasn't saying that. He said if the list had specific prices and dates they could plan those roads accordingly and wait on roads that needed maintenance shims until July or September. Hayes said he would rather they didn't spend the whole \$1.75 million between then and July 1.

Theriault said she understood and asked if the board could approve the road plan with the condition that they only spend so much money before a certain date. From there the roads could be prioritized. Hayes said he would approve this plan trusting Theriault would

be smart about spending the money in case there are problems. Theriault said she would talk to the company about picking a couple roads to do in the meantime. She said Wolcott has work in other towns and she thought they would be fine with jumping around between jobs.

Eddy said they could continue doing roadwork through October. Theriault said thinner overlays should be done earlier in the season, though binders can be done in colder temperatures.

Selectman Gus Benavides made a motion to approve the road improvements on the condition that any surplus funds available be used for drainage and improvements on Glenridge Way. The board approved the motion unanimously.

Gilmanton Historical Society announces 2020 summer programs

GILMANTON — Gilmanton Historical Society offers programs on local and regional history for its 2020 summer series. The programs, free and open to the public, are held on the fourth Tuesday of each month, May through September, beginning at 7 p.m. at Old Town Hall in Gilmanton Ironworks.

The initial program on The New Hampshire Primary, scheduled for May 26, has been cancelled due to the Virus lockdown. The Society

hopes to welcome members and friends for the remainder of the series.

June 23 brings Music in My Pockets. Portsmouth musician Jeff Warner uses "pocket instruments" like spoons and dancing puppets to show us how American families, before the advent of electricity, gathered around the hearth and entertained themselves with songs and stories.

July 28, 5-6 p.m., the Society offers an opportunity to tour a vintage

Gilmanton barn. Meet at the former Twigg barn on Meetinghouse Road at 5pm for a tour of the barn and a chance to see the adjacent flax-retting pond - a relic of former agricultural operations. Program to follow at 7:30 p.m. at the Old Town Hall.

July 28: "The History of New Hampshire Agriculture as Told By Barns." Barns can tell us a great deal about the history of agriculture in New Hampshire. John Porter describes the pro-

gression of barn styles that evolved to handle increased productivity and respond to changes in society caused by the advent of the railroad and the Industrial Revolution.

Aug. 25: "History of Gilmanton's Kitchen Family." Wendy Berling, a descendant of the Kitchens, will tell us about this family and how it helped shape the history of Gilmanton Corners beginning in the late 1800s. Coming from East Orange, NJ,

the Kitchens were one of the first families who helped make Gilmanton a destination for summer visitors.

Sept. 22. "History of Jones' Mill." Jim Garvin, retired NH Architectural Historian, will present some new research on the history of the Jones family and the amazing mill complex that they developed on their property at the junction of Loon

Pond and Meadow Pond Roads. With multiple dams and many buildings, the Jones family produced a wide variety of products from shingles to wooden clothes driers.

The Society's museum, located in the basement of Old Town Hall, is open during June, July and August from 10 a.m. to noon every Saturday morning.

Students named to Spring 2020 Dean's List at Colby-Sawyer

NEW LONDON — Colby-Sawyer College recognizes 283 students for outstanding academic achievement during the 2020 spring semester. To qualify for the Dean's List, students must achieve a grade-point average of 3.5 or higher on a 4.0 scale while carrying a minimum of 12 credit hours in graded courses.

Morgan Romprey of Laconia, a member of the class of 2023 majoring in child development education prep.

Erin Gately of Gilford,

a member of the class of 2022 majoring in nursing.

Taylor Hurst of Gilmanton, a member of the class of 2023 majoring in psychology.

Yzabelle Mitchell of Gilford, a member of the class of 2021 majoring in self designed.

About Colby-Sawyer College

U.S. News and World Report has recognized Colby-Sawyer as a Best Regional College in its category - North (#8), Best Value College (#4) and Best Undergradu-

ate Teaching (#4) in its 2020 Best Colleges issue. Founded in 1837 in the heart of the scenic Lake Sunapee Region of central New Hampshire, Colby-Sawyer is a comprehensive college with an emphasis on the liberal arts and sciences, a focus on professional preparation and a commitment to individualized experiences. Students choose from a variety of innovative majors in the School of Arts and Sciences, the School of Business and Social Sciences, and the School

of Nursing and Health Sciences. Colby-Sawyer's transformative teaching and learning community, which includes an enhanced partnership with Dartmouth-Hitchcock Health, promotes students' academic, intellectual and personal growth. Graduate outcome data indicates that 98% of 2019 graduates are employed or in graduate school within six months of graduation. Learn more at colby-sawyer.edu



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GOT LUNCH offers a huge thank you to donors

GILFORD GOT LUNCH extends a big thank you to all its donors. Through their generosity Gilford Got Lunch has been able to provide approximately 70 bags of food during the past few weeks to the Gilford School District to supplement their weekly meal deliveries. The donations received will allow us to continue to do so through the end of the school year. Gilford Got Lunch thanks you for your continued support.

We will be celebrating our seventh year of providing meals during the summer school vaca-

tion. All families must register for the summer program even if you were registered for the school year program. Families can register for the summer program by visiting the Gilford Got Lunch Web site (www.gilfordgotlunch.com).

The summer program anticipates starting its distribution June 15 with the last distribution on Aug. 27. Families will be provided nutritional food along with fruit and fresh produce.

If you are interested in becoming a volunteer, visit the Gilford Got Lunch Web site (www.gilfordgotlunch.com)

and complete the Volunteer Form.

About Gilford Got Lunch

Gilford Got Lunch was started in 2014. This year, the Gilford Got Lunch program provided over 5,500 meals to the greater Gilford area. The program provides meals not only during the summer school vacation, but also on week-ends during the school year. This program is made possible by active support of volunteers, in conjunction with the Gilford School System and has made a real difference to those families

in need.

If you are interested in more information about the Gilford Got Lunch program, visit our Web site at www.gilfordgotlunch.com.



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Be excellent to each other

It seems as though human kindness has taken a back burner as of late, and we're not sure why. The remarks on social media between people bashing one another over politics or whether or not businesses should re-open, or whether or not the new Coronavirus is as 'real' as 'they' say, are over the top. Social media is certainly both a blessing and a curse.

Social media is a great way to keep in touch with friends and family, but it's also a platform for strangers to draw baseless conclusions and put each other down from behind the comfort of a keyboard. Once upon a time, those on opposing sides had face to face productive conversations. Those have since been replaced with this new format complete with emoji's and other memes or belittling GIFs.

Even more worthy of a raised eyebrow is how many people read a post or a news story from some random, disreputable source and then share it as incontrovertible fact. Nine times out of ten, a simple fact check will prove these "click-bait" posts to be non-factual. There are fake doctors putting out interviews on YouTube and people will just fall for them hook line and sinker. Please pause a moment and question what you're looking at objectively and always check the source.

It seems as though the regard for how we treat one another has been given a new standard, and we believe we know why; however, we'll leave that for our readers to decipher. Kindness and empathy along with professionalism is still alive and well and it's how our country has moved forward the way it has since its inception. Let's not forget that despite the current climate. What we need to remember is that no matter what you think, we are all on the same side.

When we're perusing online, it's not our job to correct a person if it can't be done in a positive way. If a person is being negative and inappropriate in how they interact online, then your best bet is to simply not engage. A heated argument never ends with any side switching to the other. A more productive means of conversation over a hot button issue would be to simply ask the other person questions. This is the best way to make a person think. A lighthearted example: "I see you think blueberry pie is better than Boston Cream pie — can you explain why?"

Asking questions from a meaningful angle can go a long way. Here's the truth of the matter, we don't know everyone we interact with online. With that being said negativity just fuels more negativity. It's easy to disagree with someone in a positive way. Another example could be, "I understand the point you're trying to make; however, I don't agree. With that being said, enjoy your day. It should be a sunny one!" Always try to leave things on a positive note. If you're feeling angry, go for a run or a drive. Don't take your frustration out on strangers online.

As Fred Rogers always said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" This has never been truer than in our current situation. With this pandemic, the outpouring of love and support we have seen does far outweigh any negativity. In Brooklyn, N.Y., every night at 7 p.m., everyone bangs pots and pans outside their windows as a way to show appreciation for local healthcare workers. This is something we have seen happening in several cities across the country. On a local level, people are raising money for food pantries and running errands to protect the elderly and other vulnerable populations. We dig it. At the end of the day, the glass should always be half full.

To quote one of our favorite duos from our childhood filmgoing experiences, Bill and Ted, "Be excellent to each other!"



Signs can be found in front of Gilford Elementary School and Gilford Middle School saluting their students and encouraging them through this difficult time.

PHOTO BY ERIN PLUMMER

Signs send love to GMS and GES students



NORTH COUNTRY NOTEBOOK

And now, the eagle's nest in view of the Golden Dome



By JOHN HARRIGAN
COLUMNIST

Not so long ago, in terms of generations, it was accepted practice in

some rural areas to try to shoot raptors out of the sky. Thus, any hawk--the bigger, the better the target--was seen as fair game.

The idea of such a thing almost takes our breath away today. Yet I well remember a casual conversation with a dairy farmer just down the road.

Like most farmers, he ranged far and wide on foot or on tractor to find the occasional errant cow, and had far-flung

pastures and hayfields on both sides of the hill. Like everyone who owned and worked the land, he left it open for all to enjoy.

I happened by one day just as he was pulling his tractor into the front dooryard, and hopped out to say hello. He had a leather scarab wired to the right-hand side of the tractor, and within it a weathered rifle.

I glanced at the old Winchester. "Oh, that's for when I see a fox or a

hawk," he said, tilting his head back for a look at the sky. "I used to be able to hit 'em, first time."

Now, it's worth remembering this man's origins and the times. He grew up before the Depression, well before the Rural Electrification Act. Every farm's complement included chickens, hence "chicken hawks," and large raptors, meaning eagles, could haul off newborn lambs.

SEE NOTEBOOK PAGE 10

FROM OUR READERS

I will guard against increased taxes

To the Editor:

Are the voters in Meredith & Gilford ready for large increases in taxes?

Well, they are coming!

And they will be like pouring salt on the wounds we have all suffered during the virus shutdown of nearly all activities, private and public.

Although prior sessions of our state's legislature lowered business taxes, which have a major impact on small businesses in our community and state, with state revenues this year being down because of the reduced business activity caused by the shutdown over the virus, there is a very high likelihood that our state will be faced with a significant budget deficit. There already exists an automatic increase in our two business taxes that will occur because of reduced state revenues.

With a deficit looming, it is a near certainty that we will see calls for raising taxes, not only on businesses, but on all our citizens — calls for imposition of a broad based sales tax and possibly even a state income tax can be expected. But they must be resisted in the strongest possible terms.

We must live within our means, even if that requires cutting state expenditures. As our late former Governor Mel Thomson famously said, "Low taxes are the result of low spending."

There are many other critical issues facing our state and communities: Energy costs are much too high. Although there seems to be a shortage of qualified workers, our state needs to encourage development of businesses that will attract people to settle here and build families and contribute to our communities. Opportunities

for vocational education must be expanded. And we need to protect the environmental quality of Lake Winnepesaukee.

During 2017 and 2018, it was my privilege to serve the citizens of Meredith and Gilford as one of the elected State Representatives from Belknap County District 2. During those years, I served on the Election Law Committee, participating in its efforts to rationalize the unusual and somewhat incoherent election laws in our state; and I served as a member of the Belknap County Delegation, with its main responsibility being oversight and approval of the County's budget.

I have consistently voted against raising taxes, imposing new taxes and regulations on our citizens, and increasing the size of state and county government. And given the opportunity, I will do so once

again.

As a strong believer in our US and New Hampshire Constitutions, I consider myself to be a constitutional conservative, pledging to preserve, protect and defend them, as we should expect from all of our elected officials.

Thus, I humbly ask the voters from Meredith & Gilford to vote for me when I run later this year to return to the New Hampshire House as one of your Representatives from Belknap County District 2.

If anyone has any questions about me and my political beliefs and the things for which I stand, or if they would like to help in my campaign, they should feel free to contact me at 293-0565 or by email atnjs@silbersnh.com.

NORMAN SILBER
GILFORD

Thanks for Spring Plant Sale support

To the Editor:

Despite today's challenges, the annual Spring Plant Sale hosted by Belknap County Conservation District (BCCD) went well. Dedicated volunteers and Lisa Morin, BCCD Program Coordinator rose to the task. Plant orders were placed by County residents for asparagus, berries, bulbs, potted plants, 40 types of conservation plants, and live trout for ponds in late February. Masks

and social distancing requirements came later. Local residents were able to pick up their orders in early May and others stopped to buy plants that were on sale. Everyone received a card with conservation tips and a free packet of milkweed (food source for monarch caterpillars) or pumpkin seeds.

BCCD appreciates local support for the Plant Sale which is a fund-raiser for the District and an opportunity to connect

with County residents interested in learning more about how they can conserve natural resources on their land. We can all make a difference in improving the environment by planting trees, pollinator plants or growing our own food.

We offer special thanks to John Hodsdon and Ward Bird at Picnic Rock Farms in Meredith who provided space for preparing and storing plants as well as a great

pick-up location. The Gilmanton Iron Works Historical Society also provided a pick-up location for plants. Thanks also to our volunteers including Lori Baldwin, Maya Bhatt-Hardcastle, Michael Callahan, Jessica Casterline, Earle Chase, Nellie Garden, Donna Hepp, Jan Hooper, Jamie Irving, Gary Maheau and family, Carolyn Rudy, and Shirley Stokes and to Lisa Morin for working long hours coordinating a safe event.

Planting milkweed seed to provide habitat and food for monarch butterflies proved so popular, we've ordered more seed to share. From our annual plant sale, to stream restoration projects, to community workshops on protecting natural resources, to assistance with grants to towns and landowners, BCCD is committed to serving our County. We invite anyone who is interested in natural resource

conservation to learn more about us and get involved. Check our Facebook site: www.belknapccd.org/ or contact us at lisamorin@nh.nacdn.net or 527-5880.

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Donald Roberts Minor, 81

LACONIA — Donald Roberts Minor, 81, of Gilford succumbed to Alzheimer’s Disease on Wednesday, May 6 at Franklin Regional Hospital.

He was born March 14, 1939 to Shirley and George Minor in Ludlow, Mass., the middle child of three children. The family relocated to Alton Bay, where he later graduated from Laconia High School in 1957.

His parents owned and operated the Mt. Major Country Store in Alton Bay, where he worked. It was in the Bay that he discovered his love for Lake Winnepesaukee and his wife Judith at the beach in Harmony Park. They were married in October of 1962, and moved to Methuen to start their family. Don worked at Raytheon in Andover before starting his real estate investment business. He wanted to be his own boss so he began purchasing investment properties in the Greater Lawrence area, amassing an impressive self-grown business with over 20 employees. His work ethic was unmatched as was his tenacity to “get the job done.” It was his philosophy to never ask anyone to do something he would not do himself. He was a member of the First Church Congregational in Methuen, serving on multiple boards and growing a friendship with Rev. Ladre. For several years he would purchase toys and play Santa, delivering them to tenant’s children he knew would go without Christmas



Donald Minor

morning. In 1985, the family returned to his beloved Lake in New Hampshire to “retire,” moving into a lakefront home in Gilford. Never one to sit still long, retirement did not suit Don and he started buying investment properties in the Lakes Region, establishing the Lakes Region Rental Association.

Don’s greatest passions after his family were wood boats and he loved taking his family for rides on the big lake in his Chris Craft’s. Saturday morning donut runs with his grandchildren were very special for all involved. A member of the Antique & Classic Boat Society, Don chaired the Antique Boat Show at the Weirs multiple times. He was also instrumental in the founding of the New Hampshire Boat Museum, spreading his passion of wood boats to the Lakes Region. There was nothing he loved more than having large gatherings with close friends and family. He always felt the more the merrier! His love for his family was unmatched. Heaven truly took in a good one, pretty sure he has his tool belt ready

to go and willing to help with any necessary repairs. He will be forever remembered for his kindness, compassion, generosity and integrity.

Don was predeceased by his parents, George and Shirley Minor; stepfather Al Recks; and daughter Kelly Ann.

He is survived by his wife of 58 years, Judith Minor; his sisters, Gail Babin and husband Louis and Penny Jones and husband Russell; sons Donald R. Minor II and wife Amy, Scott Minor, Tim Minor and his wife Sheri, and Shawn Minor and his partner Rachyll Patten. He will be truly missed by his ten grandchildren (Jessica, Jennifer, Alexa, Mikayla, Scott Jr, Donald III, Meya, Parker Rhiannon Lefrancois and husband Aaron and Chelsea Briggeman and husband, Hunter); his two great grandchildren, Wesley and Griffin Briggeman; and also several nieces, nephews, and cousins.

Due to Covid-19, there will be a celebration of life at a later date.

In lieu of flowers, memorial donations can be made to St. Jude Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

Annette Hutchins, 80

GILFORD — Annette (Carignan) Hutchins, 80, of Potter Hill Road died peacefully in her home on Saturday, May 9, 2020.

Annette was born on Sept. 17, 1939 in Laconia, the daughter of Lucien and Cecelia (Binette) Carignan

Annette is survived by her son, James Hutchins, and his wife, Arline of Gilford and their two children, Allison of Manchester and Jacob of Portland, Maine; son, John Hutchins, and his wife Denise, and their two sons, Benjamin and Jeffrey all of Belmont; and her daughter, Catherine Davis, and her husband, Brian, and their daughter, Hailey, all of Moultonborough.

Annette was predeceased by her husband, Roger Hutchins, in 2012.

Annette graduated from Laconia High School, Class of 1958, and lived in the Lakes Region her whole life.

Annette’s greatest love was her family, who she treasured dearly. She embraced every moment she spent with them, especially her grandchildren.

Annette was a remarkable cook, and enjoyed preparing various meals for family, friends and others in the community.

She had a passion for painting & gardening. She loved the beauty of nature that surrounded her and captured this in her paintings of flowers, birds and small animals.

Annette was a member of the Lakes Region Art Association and she received several awards, many of them first place, for her paintings that



Annette Hutchins

were exhibited throughout the Lakes Region.

She was voted artist of the month on several occasions. She was a member of the Opechee Garden Club, and her love of gardening was evident in the plants and flowers that bloomed around her home during all four seasons.

Annette was a dedi-

cated caregiver for her husband, Roger, for over 10 years.

She will be greatly missed by her family and friends.

Due to current COVID-19 concerns and CDC recommendations, services will be private.

For those who wish, the family suggests that memorial donations be made to Central New Hampshire VNA & Hospice, 780 N Main St., Ste. 1, Laconia, NH 03246.

Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, is assisting the family with the arrangements. For more information and to view an online memorial, go to www.wilkinson-beane.com.

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Edward Jones: Financial Focus

Why Should You See a Financial Advisor?

The social distancing and stay-at-home orders necessitated by the coronavirus have led many of us to feel isolated. Still, we’ve fought back through social media, “virtual” gatherings and walks in the neighborhood, where we could greet friends and neighbors (from 6 feet away). But when you’re dealing with the financial effects of the virus and you’re investing alone, you could encounter some problems that may prove costly. Of course, with so much investment-related information available online, on television and in any number of periodicals, it’s not surprising that some people feel they can invest without any assistance. But the volatility of the financial markets over the past few months has also pointed to the dangers of going solo in the investment world. And you might find that a professional financial advisor

can help you in several ways, including the following:
Taking emotions out of investing. During this period of market turbulence, many self-guided investors are letting their emotions drive their investment decisions. As a result, they sell investments when their price is down, “locking in” their losses. Furthermore, if they then stay out of the financial markets, they will miss out on the eventual recovery – and some of the biggest gains in market rallies usually occur right at the beginning. But if you work with a financial advisor who has helped you develop a personalized investment strategy based on your goals, risk tolerance and time horizon, you will be far less likely to react to extreme market conditions by making ill-advised decisions. Maintaining perspective. When you’re

putting away money for the future and you suddenly have a lot less of it, you might start to wonder if that future is somehow in jeopardy. But if you’ve been working with a financial advisor and following your investment strategy, you’ll know that you don’t have to immediately cash out those investments that have lost value, and you may not need to liquidate them for decades if they were designed for a long-term goal, such as retirement. By the time you do need to sell them, their value may well have appreciated significantly. And if you’ve got a well-constructed portfolio, you’ll also own shorter-term, less volatile investments to help meet your current cash flow needs. Understanding the history of investing. The recent market instability is unique in the sense that its cause – a worldwide

pandemic – is so highly unusual, and it hopefully will be a once-in-a-lifetime experience. Typically, prolonged market downturns are triggered by explainable financial or economic factors, such as the bursting of the “dot-com” bubble in 2000. However, market drops of 20 percent or more – generally referred to as bear markets – are not at all unusual and have happened every few years over the past several decades. Financial advisors are well aware of this history and share it with their clients. And for many people, the knowledge that “we’ve been here before” is reassuring and makes it easier for them to continue following their investment strategies. The road to your financial goals is a long one, with many twists and turns. So you might like to have some experienced company along the way.

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Fax 844-644-4469
devon.sullivan@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor.

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Financial Advisor
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Parade

FROM PAGE A1

ready canceled their Memorial Day observances.

Selectman Gus Benavides said the selectmen still want to have an observance.

Dunn posted an announcement on the town website that the selectmen will lay wreathes at the memorial on Potter Hill Road at 10 a.m. followed by a wreath laying at the Armed Services Memorial in Pine Grove Cemetery on Belknap Mountain Road. The observances will include playing “Taps” and prayers, though will not include speeches, organized marching, and bands.

“We can do our social distancing and still pay our respects,” Benavides said.

Selectman Kevin Hayes said if people do come out they will socially distance. He said the cemetery is big enough for people to spread out, but there isn’t as much room in the town square.

Dunn stated this in the announcement on the town website.

“The public is invited to attend these events, but it is requested that social distancing protocols be observed at all times,” Dunn wrote.

Old Home Day

FROM PAGE A1

do so. He said not having the raft there won’t eliminate the issue but could alleviate it. Dunn said they didn’t want to take this step and could the raft in if the board wanted it there.

“In my opinion, gentlemen, like anything else in this COVID world, we’re going to have to take things as they come along,” Benavides said. “We can always change something.”

Grants

FROM PAGE A1

cert apply those funds.”

The hearing was closed with no comment. The selectmen voted unanimously in favor of accepting the funds and using them for their intended purpose.

The board has scheduled public hearings to accept two more grants at its next meeting on May 27. One is \$95,760 from the COVID-19 Stipend Program for first responders, which will provide a \$300 weekly stipend for all full time employees and \$150 a week for part time employees. Another is to accept \$171,200 from the Governor’s Office for Emergency Relief & Recovery to be used for the reimbursement of COVID-19 related expenses incurred from March 1-Aug. 31.

Both hearings will take place during the May 27 selectmen’s meeting starting at 7 p.m. The public may attend and give comment in person, but that will be is strongly discouraged.

With the governor’s Stay at Home order modified, a number of town facilities are revising their public access policies.

The fire department has relaxed its policy on visitors to the station. Fire chief Steve Carrier said as the Stay at Home order was lightened and some businesses are re-

opening, the decision was made to allow visitors in the station under certain conditions.

“We’re just at the point where we feel safe enough in our environment to allow people into the lobby to conduct business,” Carrier said.

People are required to stay in the lobby and wear a mask. Carrier said people so far have been compliant.

Board Chair Chan Eddy also said the library is now offering curbside pickup of materials.

The Public Works department is now changing their shifts from two shifts to having all the crew on staggered shifts.

So far, there is no change to customer service in the Town Clerk/Tax Collector’s office or the police department. Eddy did say depending on orders from the governor they hope to open the Town clerk/Tax Collector’s office and the DPW to the public by June 1.

Town hall is still closed to all outside groups. Eddy said aside from the selectmen, the other town boards and committees are meeting infrequently and using electronic means.

The restrooms at Glendale will be open with signs saying they will be sanitized once a day and people can use the facilities at their own risk.

BY MARTHA SWATS
Owner/Administrator
Comfort Keepers

It has been proven time and again that exercise is good for seniors’ physical and mental health. Regular exercise, even in small amounts, can improve mood, relieve stress and improve health. According to the CDC, four of the five most expensive health conditions older adults face can be prevented or managed with physical activity. But, only about 35 percent of adults over the age of 65 are physically active.

Any senior starting a new exercise plan should consult with their physician. And, it is helpful for family and members of the care team to assist and support physical activity in any way they can.

For those that are physically able to begin an exercise program, regular movement can help them live a more vibrant and healthy life. Some of the health benefits include:

Improved mental health, mood and outlook

Prevention, or improvement of, diseases such as diabetes, obesity, heart disease, and os-

teoporosis

Reduced pain from arthritis and minimizing its severity

Decreased risk of falls

Each individual has different needs when it comes to exercise and varying health conditions that may need to be taken into consideration before beginning an exercise regimen. A health professional to determine the best approach to physical activity with senior care.

There are a variety of ways to incorporate aerobic activity, strength building exercises, stretching and balance – all without leaving the comfort of home!

Aerobic exercise – Walking in place, dancing or aerobic routines can help get the heart rate up. These activities improve cardiovascular health and help older adults maintain a healthy weight.

Strength building exercises – there are many easy strength building exercises that can help seniors build the muscles they need to do everyday activities and prevent muscle loss. And, exercises can be done with household items or using body weight, so no expensive equipment is required.

Stretching – Stretching before and after exercise can help prevent soreness after exercise. And, the additional benefit is improved flexibility, which is good for older adult’s physical health. For those looking to improve their flexibility even more, there are exercise routines available online that include yoga or stretching routines specifically for seniors.

Balance exercises – Balance exercises help seniors prevent falls and improve mobility. Yoga, tai chi, and other low-impact activities can all help improve balance and overall physical health.

Those that need a little assistance getting started should not hesitate to reach out to their doctor, family or caregiver. It is never too late to adopt an active lifestyle!

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health through meal planning, grocery shopping, meal preparation and activities. Our custom care plans focus on physical and mental health and wellness activities. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

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STRATEGIES FOR LIVING

In God’s Kingdom, failure is never final

BY LARRY SCOTT

My life has been a disaster. This is not an exercise in self-pity, and I am not playing the humble card. But to be honest, my life has fallen far short of my potential. My dreams have been unrealized and my hopes remain unfulfilled. But not to worry. I serve a God in whose kingdom failure is never final.

To my strength is the fact that my record has not involved drugs or alcohol or women, and on that score, my conscience is clear. But irrational decisions and thoughtless actions have left me deprived of what might have been. I am,

indeed, the poster child of those who wish they could live their life over again.

But I refuse to surrender to failure. In my world, defeat never determines destiny. Despite it all, I face the future with new optimism. I am not about to give up now. Although my life has differed greatly from what I had hoped, the last eighty years have not been wasted. I have faced up to my weaknesses, acknowledged my mistakes, and come through a stronger man.

I have no illusions about my future. I am in the sunset years of my life and my opportunities to make a mark on my society are limited. But the objective here is not in what I can do; the priority here is on who I can become. Character and maturity will be the measure of my success.

I am operating with the conviction that life isn’t over until God says it’s over. Whereas some in my age-brack-

et are resting on their laurels, this old man is setting the stage for ten more productive years. My best days, I am convinced, are still ahead. I am reformulating ... and the future looks bright.

I am encouraged by what the Apostle Paul wrote in Ephesians 2:10.

“We are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good thing he planned for us long ago.”

And that is what my life is all about.

But please don’t misunderstand. This masterpiece is still a work in process. I am not the man I was, but I guarantee you, I am not the man I plan to be. Radical change is taking place.

The first order of business will be to finish my memoir, currently dubbed “The Making of a Masterpiece.”

The memoir gives me a chance to put a new slant on my life, to take the long view, and see that the outcome

has been well worth the journey. At the same time, however, I want my memoir to be a tribute to the God Who has given me new hope and a new chance at life. He has never given up on me. The next ten years promise to be the most productive and rewarding days of my life!

Can you identify with me? Is your life a mess? I hope not, but I suspect you may be among the many who read this column that knows what I am writing about. Life is tough and we have all made catastrophic mistakes. But it’s never too late to be what you might have been. You have access to a God of second chances. Failure is never final! He will take you from where you are to where you ought to be, but He does so only by invitation. Your turn!

You want to talk about it? Hit me up at rlarryscott@gmail.com.





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Notebook

FROM PAGE A4

Thus, it was open season on any predator, raptors included. Shooting one—fisher, fox, hawk soaring high—was as natural as hoeing the garden or milking the cows.

+++++

That barnyard visit was in the mid-1960s. Within a very brief time, in the early ‘70s, I’d find myself sitting with John Lanier high atop a ledge in the White Mountains, doing a story for the New Hampshire Sunday News about the effort to restore Peregrine falcons to their original New Hampshire habitat.

John was chief wildlife biologist for the White Mountain National Forest, and was working on the falcon project with Audubon, Cornell University, UNH, and New Hampshire Fish and Game. A key part of this involved raising newly hatched chicks in cliffside nests.

Several UNH grad students and a professor or two were camped up on the ridge and oc-



COURTESY
An adult eagle and chick in the nest along the Connecticut River in Orford. (Photo by Judy Lombardi, courtesy NH Audubon)

casionally rolling small pieces of raw chicken down PVC pipes to plop into handmade nests, harboring barely fluffed, beak-extending chicks. It was a festive atmosphere to match the sunny day. Everyone living and working up there thought it was a job worth doing, and rejoiced in it all.

Today, falcons are gradually reclaiming their former habitat. John, who became a lifelong friend, never stopped scanning cliff-sides for the telltale signs of raptors’ nests.

+++++
Eagles, meanwhile, have just as eagerly reclaimed more and more of their original territory. Now, I’m dating myself when I say that I

can remember when eagles were so rare in New Hampshire that wildlife officials thought there was only one nesting pair left.

This pair annually returned to a legendary nest atop an ancient pine stub on the northwest end of Umbagog, a big lake on the Maine-New Hampshire border above Berlin. Longtime game warden Warren Jenkins took me there by boat, and I went there a few years later by canoe.

Public interest in these sole reminders of a seemingly lost past was so great that Fish and Game and volunteers placed warning buoys and signs, asking boaters to stay well back. Still they came, and watched and photographed from



An adult pair and endless skies along the Androscoggin River in Shelburne. (Photo by Ravenel Bennett, courtesy NH Audubon)

afar.

+++++

Fast-forward to today, when eagles are common enough along the Connecticut and Androscoggin rivers to cause no great stir, if not exactly yawns, and the days of the last lone nest seem far gone.

Eagles have even established a nest in Concord, the state’s capital, for the first time in more than a century. The Concord Monitor’s David Brooks reported that

the pair is nesting near Horseshoe Pond. “A decade or two ago their appearance here would have been astonishing, but these days it’s almost expected,” Dave wrote.

Christian Martin, an eagle specialist at New Hampshire Audubon, said eagles have come a long way since the lone-nest days.

“We’re in the middle of trying to determine how many breeding pairs in state this year,” he told David Brooks. “There’s at least 70,

probably closer to 75, which is a huge change from ten to 20 to 30 years ago. They’re everywhere from the seacoast to Pittsburg to Hinsdale. You name the lake, there’s probably a pair of bald eagles that utilizes it now.”

A long way indeed, in thought and deed, from a few generations ago.

(Mail is welcome, with phone numbers, please, at campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576)

MARK ON THE MARKETS

It’s just cash flow



By Mark Patterson

“Financial planner” is a term that is used by many. Some are legit trained planners, others are insurance sales people or brokers. The real question is; What level of planning do you really need? Do you need

a credentialed planner, CPA, Tax attorneys and estate lawyer, or do you need someone that can work through a steady, sustainable income plan that is mindful of tax consequences and that may know about strategies to full-fill your needs? Far too many plans that I see are plug and play portfolios based on a risk assessment that does not measure the purpose or objective of the assets invested!

For instance, a client tells me that they are going to retire, or would like to retire in three years, however their portfolio is still in full “growth” mode without consideration that we

are 11 years into a bull market that usually averages seven and a half years. And as we know now that bull ended abruptly! The reason that the risk profile may not match the purpose for the money is that the broker asked questions based on a questionnaire. My experience is that most people have overstated their risk tolerance, mainly because the questions are not specific enough. You may have read, where I have stated “I believe a client is risk adverse until proven otherwise.” When the stock market is doing well, we all tend to feel happy and are willing to put our assets

at market risk, but when we get sharp corrections or draw downs, we tend to punish ourselves for not taking that profit when it was there. If you are invested properly for the objectives for the money, then the volatility should not be an issue. For example, if a family needs a certain amount of income from their investments, say as they approach retirement, they should have a proper allocation of their assets designated for producing steady sustainable income. Social Security maximization should be part of that discussion. Tax efficiency should be another. Legacy, long term care,

life insurance should all be addressed. If there are not enough assets to cover all these needs, then we need to prioritize! It is important to find a professional that you are comfortable with regarding their knowledge as it pertains to you! My biased belief is that you should work with a fiduciary advisor that works for you, not a broker-dealer. You should be given a disclosure document that will tell you about the firm and advisor representatives. Don’t be apprehensive about asking how that advisor is compensated. You may want to ask the advisor if they will help you with your 401k allo-

cations as an additional service. This should be gratis if you become a client. All your assets should be considered, even if that advisor is not managing all the assets. You should not be assigned a “trainee” advisor because of your asset levels. If an advisor firm is willing to work with you, you should not be discriminated against because you are not considered a “top-tier” client.

Mark Patterson is a Fiduciary Advisor with MHP Asset Management and can be reached at 447-1979, or Mark @ MHP-Asset.com.

A journey through history, one marker at a time

BY DONNA RHODES
drhodes@salmonpress.news

REGION – The next adventure for visiting New Hampshire’s historical markers in the Pemi-Baker, Newfound and Winnisquam Regions will take people just off the beaten path of the Tenney Mountain Highway to the peaceful waters of the Baker River and the site of the original Smith Bridge in Plymouth.

Now known as Mil-

lennial Bridge, it is the site of a covered bridge first built in 1786 and named for local farmer Jacob Smith, but in the early 1800’s Capt. Charles Richardson built a “new and improved bridge” at that same location. According to author Michael A. Bruno, who wrote the guide, “Cruising N.H. History,” Smith Bridge was again reconstructed in 1850, designed that time to replicate the nearby Fayette Bridge, which in 1805 was built

to cross the Pemigewasset River between the towns of Plymouth and Holderness.

Smith Bridge has a storied history of repairs that were also done in 1940, 1949 and 1958 before it underwent major reconstruction in 1971. Then, on April 16, 1993, it was destroyed by an arson fire and again rebuilt, this time by the Town of Plymouth.

There is much more to this story however, all chronicled on Historical Marker #0179 beside the

newest covered bridge, built in 2001 and dedicated as the town’s Millennial Bridge.

To visit this lovely spot on the Baker River, you will find it on Smith Bridge Road, situated off the Tenney Mountain Highway (Route 25), just west of downtown Plym-

outh. There is ample parking, pleasant sites for picnickers or paddle sport enthusiasts, and lots of country views to enjoy. Continuing on down the road visitors can also visit Longview Farm’s popular produce stand, Brock’s Blueberry Farm in late summer, or

take time out for a stroll along the nature trails at Quincy Bog, located just before the town common in Rumney Village. For those reasons and more, Smith Bridge and the surrounding area is a great destination during the summer months just ahead.



DONNA RHODES

A trip to Smith Bridge in Plymouth in the spring and summer months is a very pleasant drive where people will find some interesting information on N.H. Historic Marker #0179 along with some great farms and nearby natural sites to explore.

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5 ways to leave a lasting legacy



It is customary for people to take inventory of their lives as they grow older, wondering about their impact on the world and the people closest to them. A legacy is often the story of one's life and the things he or she did through the years.

The good thing about a legacy is it is never too early to begin planning. The following are some guidelines that can help people establish lasting legacies.

- Keep track of your story. Grab a journal and start jotting down events that occur in your

life. Mention particular achievements or notable things that occur from day to day. Pepper these accounts with stories of your family and childhood to start establishing an autobiography of sorts.

- Consider your daily actions. Even though

people may imagine it is the grand gestures that are remembered most, quite often it's the simplest acts that make the most impact. Think about the way you treat others each and every day. Smile at people, compliment others and offer positive advice when it is sought.

- Research investments that are profitable. If the goal is to make money to leave for future generations, investigate your options. These include assets that can retain their value. According to NewRetirement.com and Stepping Stone Financial, Inc., vacation homes mean a lot to families and they also can be a source of future revenue should they be rented or sold. Speaking with a financial advisor also can be a sound way to invest the right way to accumulate assets that can be passed down as a legacy.
- Name children or other relatives as bene-

ficiaries on Individual Retirement Accounts (IRAs). With Roth IRAs, distributions are tax-free as long as the person who set up the IRA met the five-year holding period for contributions and conversions. Beneficiaries can have five years to take out money from the account; otherwise, they can convert the plan to an Inherited IRA, which stretches out distributions over their life expectancy, according to Investopedia, an online financial resource.

- Write a legacy letter.

A legacy letter is a way to speak directly to loved ones and say all those things that you had wished you told them earlier but maybe didn't find the words or perhaps never had the time, according to Forbes. The letter ensures others know just how much joy they brought to your life and the pride you had in knowing them.

Leaving a legacy is something people start to think about as they grow older, but it's easy to start planning a legacy regardless of your age.

Innovative fitness programs for seniors

It is important to stay active and eat healthy foods in an effort to promote fitness and well-being. This is especially true for seniors, many of whom lead increasingly sedentary lifestyles as they age.

The American Heart Association says adults should get at least 150 minutes of moderate exercise per week, or 75 minutes of vigorous aerobic activity, and a Harvard University study says that exercise can be an insurance policy for heart health.

Today's seniors have more fitness options at their disposal than ever before. SilverSneakers® is the leading community fitness program for older adults in the United States. SilverSneakers® members can participate in specially curated programs at participating gyms and community centers across the nation. According to the organization, there are more participating fitness locations available than there are Starbucks® coffee establishments. Classes are fit for everyone, no matter their experience level.

Those concerned about gym costs may find that SilverSneakers® already is included in their Medicare Advantage plan for no additional cost. Plus, there is access to healthy living discounts from participating businesses.

Canada has begun to develop its own senior-centric fitness programs. The Healthy, Safe and Strong group exercise program is an introduction to safe exercises available for adults age 60 and older in the province of Ontario. The program can help develop better stamina, maintain or improve balance and increase strength and endurance. StrongerU Senior Fitness is a relatively new program of pre-choreographed group fitness offering instruction in four program types: cardio, strength training, stretching, and circuit training. The program addresses a need in Canada for quality and consistent senior fitness programming.

As studies show that engaging in physical activity is the most effective way for aging men and women to stay healthy, more adults may be compelled to join fitness groups that cater to the 50-and-over market.



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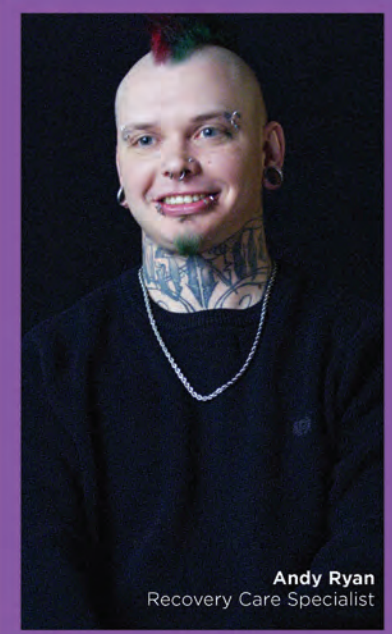
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